

# Hatchlings

READY TO HATCH

# Cheat Sheet



Activity



Book



Song

## Panel 1

- Welcome to *MGOL Hatchlings - Ready to Hatch*. Give description.
- Fill out paperwork (research & photos for articles and conference presentations)
- Be enthusiastic / cell phones away
- Introductions around the circle, giving names and sentence or two why they are here. Give personal greeting after each intro.
- Early literacy begins BEFORE birth. By coming here you are giving your future child a head start.
- Singing aloud and sharing books helps babies' brain development and health, even in utero!
- At the end of the session, you'll get a songbook, a handout with all of the panels and (*fill in the blank*)
- Please give feedback by filling out a survey at the end of the program

## Panel 2

- Brain basics (*using hands*). There


are billions of neurons at birth.

- The roots send information to other neurons
- The axon transmits signals from the roots to the dendrite spines on the top.
- Dendrite spines come out of the cell body. They receive and respond to signals.
- When roots of one neuron receive input from another neuron, their dendrite spines connect.
- This connections is called a synapse and it adds weight to the neuron by making the dendrite spines bigger and thicker as they absorb new information.
- Walk around room and show how learning takes place.
- Since nothing happens exactly the same way twice, each new experience the child has builds the brain.

## Panel 3


- Brain growth chart.
- The brain gains weight when the fetus is in utero- 75% by age 2.
- Each connection (synapse) formed adds weight to the brain.

- The most weight is gained by age five; when the foundation of the brain is being built.
- Social, emotional, and economic success is based on that foundation.
- Four simple things to do, starting now, will build a strong learning foundation for your baby: Talk, sing, share books and play.

 “Talk, Sing, Share Books, and Play”

- Sing with me!


#### **Panel 4**

 *Hello, My World* - will be your gift for coming today.


- Sturdy cardboard books are good for babies, safe and easy to clean.
- Newborns prefer high contrast black and white pictures. Color vision develops at around 5 months old.
- Fetuses hear sounds as early as 20 weeks, so don't wait until the baby is born; read aloud to your baby now!
- They will recognize your voice and speech patterns. Once they are born, your voice will comfort them.
- Reading or speaking in ANY LANGUAGE boosts the brain and increases synapses.

- Repeating the same song, rhyme, or book before your baby is born creates a familiar, comforting rituals. Repetition builds connections with you, language and literacy skills.
- To your child, your voice is the **MOST BEAUTIFUL SOUND IN THE WORLD.**

#### **Panel 5**

 *Hello, My World* - Share books in different ways: Look at the pictures and talk about them.


- For example “Here is a bird.” “And here are two legs,” etc.
- Or talk about the patterns while sharing memories: “These black and white squares make a checkerboard!”
- Connecting pictures in books with words for everyday things in the world gives your babies building blocks for communication skills.

 Activity: Take your books out of the kit. Choose a page to describe what you see or tell a nice memory it brings up. *(Pause for two minutes)*

Ask: Have you talked about the pictures in a book before? Was it easy to do? Did you like doing it? What picture did you use and what did you talk about?

 Sing “Hello Everybody, Yes Indeed.”

### **Panel 6**

 “Hello Sun, Yes Indeed” and additional verses

- Sharing books with your fetus now will make it more comfortable for you to share together once your baby is born.
- Your babies will recognize the words and the sound patterns they hear while in the womb, which comforts them when they need calming. Children love repetition.
- No need to speak loudly.
- 10 minutes a day of sharing books is enough! It will build strong language skills, a love for learning, and a strong connections with you.

### **Panel 7**

- It’s important to smile and create happy experiences with your babies. Here’s a song to remind you to smile.

 “I’ve Got Something in My Pocket”  
*(Lyrics are on the panel.)*


- Studies show that children learn best when they feel safe and happy,
- Joyful experiences help form a strong learning foundation for your child because their brain WANTS to remember them.
- You can change words in songs to include love and positivity.

### **Panel 8**


- Babies like watching their body parts move.
- Naming the body parts and their movements in songs builds babies’ vocabulary.
- As you sing and move, you may notice your fetus singing and moving, too!
- Sing this song when you feel your baby kicking inside!


 “Can You Kick With Two Feet?”

- Feel free to make up your own verses.
- If you’re not in the mood to sing, recite a rhyme and clap to the beat.
- Here’s a rhyme for parents-to-be who are craving pizza!

 “Pizza, Pizza Hot”

### **Panel 9**

 Raise your hand if you like dancing.

 “The Hokey Pokey” with words changed to let children know that you love them.

### **Panel 10**

 Who here is a professional singer?


- A parent’s voice is the best voice to their babies. After hearing your voice in utero, they love hearing it again after they’ve been born.
- Singing to your baby is a gesture of love.


 “The Wheels on the Bus”


- Changing the words to songs and rhymes keeps them fun.

 “On Our Way to the Hospital”


- Children love animals, so once the baby is home, you may want to sing some of these versions. For instance, if you see a cat, sing:


 “The cat that I see goes meow, meow, meow...all through the day.”

 Show an illustration of a puppy and sing: “The puppy on the page goes woof, woof... all through the day.”

 Or if you see a truck sing: “The truck in the street goes vroom, vroom, vroom.”

### Panel 11

 Is anyone here a musician? What do you play?

 Show shaker of empty water bottle with uncooked rice. Ask: “How else can you make a shaker?”

- Because safety is of utmost importance, show your homemade shaker to your pediatrician before using it with your baby.
- We’ll offer *Hatchlings: In the Nest* where you and your baby will get a shaker to keep. (*Say the date of upcoming session.*)

 “I Have a Little Shaker” (*lyrics are on the panel*)

### Panel 12

- The soft, slow pace of the lullaby helps you and your fetus to relax.
- Since babies remember songs you sung before their birth, it will comfort them.
- All babies have cranky moments; knowing a lullaby to calm them is essential.

 “Twinkle, Twinkle, Little Star “


- Ask: Do you remember a lullaby that your parents or grandparents sang to you? Sing that, and pass on the family traditions!
- Any song can be a lullaby as long as you sing it slowly and softly. If you don’t want to sing, you can hum a lullaby.

 “Wheels on the Bus”

- Lullabies help parents relax, also!

### Panel 13

- Libraries have terrific free services. They have play spaces, and children aren’t expected to be silent.


 “Oh the place for you and the place for me is local public library”

### Panel 14


- Librarians are here to help you find the information you need.
- Libraries have lots of resources for you. Books on pregnancy, videos, self-care, etc.


## READY TO HATCH | CHEAT SHEET

- Self-care is very important. (*Mention tips listed on panel*)

 Ask: Do you have a self-care strategy that you would like to share with us?

### Panel 15

 Ask: Does anyone have a question or questions about anything we discussed here today?

 Ask: Can you share one thing you learned today that you consider important or something we did here that you plan on doing at home?

- *Hatchlings* was created especially for parents-to-be, but there is more than just this one session! We will be offering this same session again on (*say date*) and you are welcome to return.
- Your song sheets have a web address and a QR code at the bottom. Please scan in the QR code on your phone it takes you to a website where all of the songs we used today are recorded. If you forget any of the tunes, this is a great reminder!
- *Hatchlings: In the Nest* for you and your baby will begin on (*say date*), after your baby is born.
- It is a continuation of this program designed for you and your baby in the first four months.
- It will be a four-part series where you will learn new skills, songs,


etc., and practice weekly what you learned the week before.

- You'll have time together with other parents and children, you will get another cardboard book AND everything I showed you earlier from the *Hatchlings* kit!
- I'll hand out surveys shortly. Please check the box at the bottom of your survey to be reminded before the *Hatchlings: In the Nest* program begins.

### Panel 16

- Please return the kits and fill out the exit surveys.
- You will be getting a cardboard book and a song sheet so you can practice talking aloud, singing songs, reading aloud, or sharing books at home.
- Hand each family unit a book, and a *Hatchlings* song sheet. (Include a calendar, if available)
- Let's end with a song about all the things you can do to help your baby, before birth and afterward.

 "Talk, Sing, Share Books, and Play"

 Group picture time! Be sure your nametag shows.

- Say "Good-bye" and "I hope to see you next week" to each person individually. SMILE at them to show how glad you were to see them.